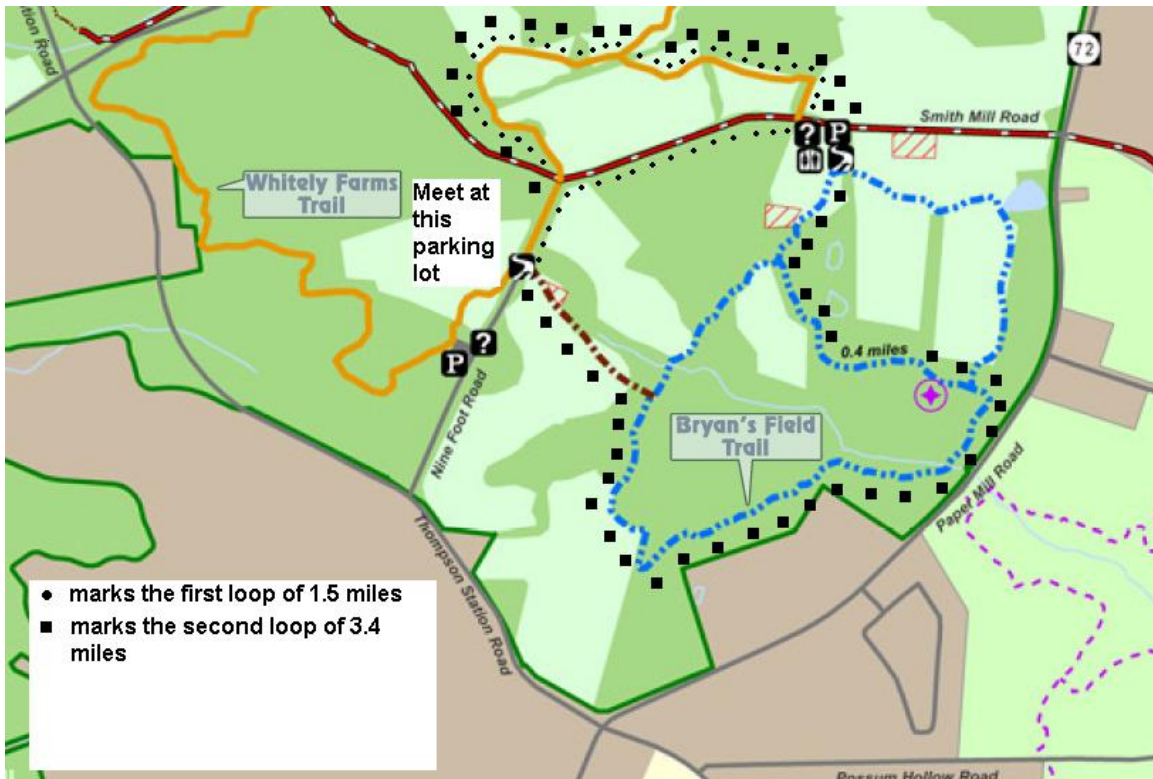


INTRODUCTION TO MOUNTAIN BIKING

The Delaware Trail Spinners would like to help introduce you to mountain biking in White Clay Creek State Park. This is a free program, open to anyone, that will cover bike setup, equipment choices, trailside repairs, and riding skills. The map below depicts the planned routes. We will stop at various points along the route to discuss riding techniques and work on riding skills. The goal is to build your confidence and meet other mountain bikers.



This ride will take place the 3rd Saturday of every month at 1PM, beginning on April 21 and continuing on May 19, June 16, July 21, August 18, September 15, and October 20. This is a fair-weather event and may be cancelled due to poor trail conditions. Please preregister for this event so we can provide cancellation notification and ensure enough ride leaders. Call Jim Ireland at 302 632 2816 or send an email to ireland150@comcast.net to register. For more information about the Delaware Trail Spinners visit www.trailspinners.org. We post current information on rides and trail work through our yahoo group email list. See the link on the web page to join the yahoo group.